



# Program Guide

January–April 2019



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Excel Tae Kwon Do page 9

812-349-3720  
[bloomington.in.gov/TLRC](http://bloomington.in.gov/TLRC)

 Twin Lakes Recreation Center

 btownparks







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## January–April 2019

1700 W. Bloomfield Rd. • 349-3720  
[bloomington.in.gov/TLRC](http://bloomington.in.gov/TLRC)  
 Fax: 349-3707

### Hours September 2–May 31:

Monday–Friday: 6 a.m.–10 p.m.  
 Saturday–Sunday: 7 a.m.–10 p.m.  
*Christmas Eve* (December 24): 7 a.m.–1 p.m.  
*Christmas Day* (December 25): Closed  
*New Year's Eve* (December 31): 7 a.m.–1 p.m.  
*New Year's Day* (January 1): Closed  
*Martin Luther King, Jr. Day* (January 21): 6 a.m.–10 p.m.  
*Spring Holiday* (April 19): 6 a.m.–10 p.m.  
*Easter* (April 21): Closed

### Daily admissions (non-member)

- Adults ages 18–59 yrs.: **\$8**
- Youth ages 7–17 yrs. and adults ages 60 yrs. and up: **\$7**
- Youth ages 6 yrs. and younger admitted **free** with adult 18 yrs. and up.



[Twin Lakes Recreation Center](https://www.facebook.com/TwinLakesRecreationCenter)



[btownparks](https://www.instagram.com/btownparks)

### Staff



#### Mark Sterner

Facility Manager  
 349-3768  
[sternerm@bloomington.in.gov](mailto:sternerm@bloomington.in.gov)



#### Megan Stark

Membership Coordinator  
 349-3770  
[starme@bloomington.in.gov](mailto:starme@bloomington.in.gov)



#### Daren Eads

Facility Coordinator  
 349-3772  
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#### Chelsea Price

Aquatics/Program Coordinator  
 349-3769  
[pricec@bloomington.in.gov](mailto:pricec@bloomington.in.gov)



#### Scott Pedersen

Youth Sports Coordinator  
 349-3774  
[pederses@bloomington.in.gov](mailto:pederses@bloomington.in.gov)

**All phone numbers for Bloomington Parks and Recreation staff and facilities are in the 812 area code.**



**Look for the volunteer symbol throughout this guide for ways to get involved.**



**Heart-healthy program**

### Photo policy

Parks and Recreation staff may videotape or take photos of participants in programs and at special events or of people in parks or on park properties. These photos may be used in future program guides, brochures, fliers or other materials used to promote Parks and Recreation.

### Substitution policy

Parks and Recreation reserves the right to use substitute instructors and alternate facilities when necessary.



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*Front cover: Lifting weights with a spotter is a good way to keep your form in check, improve safety, and can determine best ways to keep each other motivated.  
 Photo by Sarah Owen.*

## Corporate Wellness Programs

As the cost of health care continues to grow, companies are exploring ways to prevent illness and reduce health risks for their employees while realizing the overall benefits of a healthy workforce. From a healthy lifestyle to a healthy workplace, the TLRC staff is here to help you customize a wellness program that fits your company's goals and health care mission. For more information, contact our Membership Coordinator, Megan Stark, at 349-3770 or [starme@bloomington.in.gov](mailto:starme@bloomington.in.gov).

## Fitness Assessments

Take control of your health by learning as much as you can about your fitness level. Fitness assessments are a common and useful part of any exercise program. The data collected from a fitness assessment gives you a starting point, and provides a baseline to compare to as you make progress toward your fitness goals. Contact Megan Stark at 349-3770 or [starme@bloomington.in.gov](mailto:starme@bloomington.in.gov) to learn more about body composition tests, or to schedule a fitness assessment. Knowing your numbers can help you track progress toward your goal for a fit and healthy body! **Twin Lakes Recreation Center membership is not required to have a fitness assessment by one of our professional personal training staff.**

### Fitness assessments include:

- Free recording of your resting heart rate and blood pressure.
- Optional tests for estimates of body composition, in particular body fat:
  - Skinfold analysis: \$25
  - Bioimpedance analysis: \$5

By appointment only • For all ages.

## Gift of Wellness

**TWIN LAKES RECREATION CENTER**  
City of Bloomington Twin Lakes Recreation Center  
1700 W. Shoemaker Rd., Bloomington, IN 47403-3603  
Open Monday-Friday, 5 a.m.-10 p.m. and Saturday-Sunday, 7 a.m.-10 p.m.

This gift of wellness is to: \_\_\_\_\_  
From: \_\_\_\_\_  
For: \_\_\_\_\_  
Dated by: \_\_\_\_\_ Date: \_\_\_\_\_  
Gift Certificate expires 90 days from date of purchase.

Give a gift that will make a difference in someone's life. A gift certificate to the Twin Lakes Recreation Center opens the door to fitness and fun!

With a full fitness center, group exercise classes such as ZUMBA and Boot Camp, five basketball courts, an indoor 1/5-mile track and indoor turf field, your special someone will have access to a whole world of wellness.

Gift certificates are valid for 90 days from the date of purchase. To purchase a TLRC gift certificate, stop by the Twin Lakes Recreation Center.

## Memberships

See back cover.

## Rentals

See back cover.



**Twin Lakes  
Recreation Center**



**btownparks**



## Promote your products and services at the Twin Lakes Recreation Center:



Reach your target market at the Twin Lakes Recreation Center, our multi-purpose facility offering programs and services that help make Bloomington a healthy, active community. This 100,000 sq. ft. sports, fitness and recreation complex serves thousands of diverse customers each year, from elite youth basketball teams to preschool soccer players. It is the perfect place for you to share your company's message and reach your target audience. The facility features a 1/5-mile elevated indoor track, strength equipment and free weights, state-of-the-art cardio studio, five hardwood courts, indoor turf field, mirrored exercise studio, and meeting rooms. The Twin Lakes Recreation Center is home to Andrew Frank basketball camps, AAU local and regional tournaments, Bloomington Youth Basketball, and youth and adult soccer.

### Reach these target markets

- 300,000 annual visits
- 1,200+ active adult members
- more than 800 SilverSneakers members (ages 55 yrs. and up)
- 600+ Bloomington Youth Basketball players
- local and regional basketball and other sports tournaments

### Custom opportunities to connect with your market

- Our custom advertising packages can give you more than just signs!
- Set up a display at the TLRC during tournaments or peak visitation.
- Place coupons, menus, or brochures in our literature display areas.
- Run a custom TV spot on our four closed-circuit TV screens all day, every day.
- ... and more!

### Price points for 96" x 42" banners (per year)

Court 1: \$1,500

Courts 2-5: \$1,000

Turf: \$1,000

Studios: \$800

Larger banner sizes available.

**For more information, contact Julie Ramey  
at 349-3719 or [rameyj@bloomington.in.gov](mailto:rameyj@bloomington.in.gov)  
or Sarah Owen at 349-3739  
or [owensa@bloomington.in.gov](mailto:owensa@bloomington.in.gov).**



**Thursday, March 14 • 11 a.m.–3 p.m.**  
**\$3/person**

Spring is coming! Time to fling off the winter blues and get active! Keep the entire family active during spring break at the Spring Fling.



- Experience a thrill on a ride inside a Zorb Ball—also known as a human-sized hamster ball.
- Try yoga with our Health and Wellness Coordinator.
- Test your skills and resolve in a game of jumbo Jenga, and bring out your inner engineer while making creations with the Imagination Playground.
- Challenge a friend to a game of giant Connect Four, jumbo Kerplunk, or oversize Dominoes!
- Watch and participate in an aerial silks demo.
- Earn bragging rights as you compete against friends and family on an obstacle course.
- Have some good old-fashioned fun with other lively games and activities.

## Sports and Fitness



### Turf Time for Toddlers

The indoor turf field at the Twin Lakes Recreation Center provides you and your young child with ample space to run, play, and practice ball throwing, catching and kicking skills.

**This free-time play is parent or caretaker supervised physical play. TLRC staff does not supervise this area during the program and children cannot be dropped off without supervision. For more information, contact the TLRC at 349-3720.**

**Tu, Th • 9:30–10:30 a.m.**

**\$5, FREE for TLRC members • For ages 1–6 yrs. w/parent.**

### Basketball Future Stars

Future Stars focuses on teaching preschool athletes beginning basketball skills such as dribbling, passing, shooting, playing defense, and playing as a team in fun environment. Parent participation is welcome and encouraged. Wednesday Future Stars is cancelled when MCCSC classes are cancelled.



**Volunteer to instruct Basketball Future Stars!**

**Apply online at [bloomington.in.gov/parks/volunteer](http://bloomington.in.gov/parks/volunteer).**

**W 1/30–3/6 • 4:45–5:30 p.m.**

**Register by 1/25 • 150303-A**

**\$50/in-city, \$55/non-city • For ages 3–5 yrs. w/parent.**

Class does not meet during spring break week.

**Registration is ongoing at [bloomingtonsoccer.net](http://bloomingtonsoccer.net).**

Bloomington  
**SOCCER**

### Turf Tigers

Players ages 4–5 yrs. enjoy a terrific introduction to the world's most popular game! Classes feature age-appropriate activities and small-sided games to promote balance, coordination, creativity and comfort with the ball!

**Winter: M 1/7–2/11 • 5–5:45 p.m.**

**Winter: Tu 1/8–2/12 • 5–5:45 p.m.**

**Winter: Th 1/10–2/14 • 5–5:45 p.m.**

**Spring I: M 2/18–4/1 • 5–5:45 p.m.**

**Spring I: Tu 2/19–4/2 • 5–5:45 p.m.**

**Spring I: Th 2/21–4/4 • 5–5:45 p.m.**

**Spring II: M 4/8–5/13 • 5–5:45 p.m.**

**Spring II: Th 4/1–5/16 • 5–5:45 p.m.**

**\$65 • For ages 4–5 yrs.**

### Little Kickers

Players ages 6–7 yrs. enjoy a terrific introduction to the world's most popular game! Classes feature age-appropriate activities and small-sided games to promote balance, coordination, creativity and comfort with the ball!

**Winter: M 1/7–2/11 • 5:45–6:30 p.m.**

**Winter: Tu 1/8–2/12 • 5:45–6:30 p.m.**

**Winter: Th 1/10–2/14 • 5:45–6:30 p.m.**

**Spring: M 2/18–4/1 • 5:45–6:30 p.m.**

**Spring: Tu 2/19–4/2 • 5:45–6:30 p.m.**

**Spring: Th 2/21–4/4 • 5:45–6:30 p.m.**

**Spring II: M 4/8–5/13 • 5:45–6:30 p.m.**

**Spring II: Th 4/11–5/16 • 5:45–6:30 p.m.**

**\$65 • For ages 6–7 yrs.**

### Bloomington Soccer Juniors

Training sessions on Wednesday nights enhance technical and fundamental tactical principles. Players return on Saturday for a schedule of games each week. Bloomington Soccer Juniors is appropriate for players with some soccer experience and a fundamental awareness of the game. It's best for players with an intermediate or advanced understanding of soccer.

**Spring Training sessions:**

**W 1/23–2/27 • 5–5:45 p.m. or 5:45–6:30 p.m.**

**Games:**

**Sa dates vary by team • 8:45 a.m., 9:30 a.m., or 10:15 a.m.**

**\$95 • For ages 8–11 yrs.**

### U15 Boys/Girls/Coed League

A great opportunity to mix-it-up with players from other teams and cities as our up-and-coming high school stars keep their touch in the "off" season. Season includes seven regular season games and a tournament night.

**F 1/25–2/22 and 3/1–3/22 • Between 6–9:30 p.m.**

**\$675/team fee • Register by 1/26.**

### U19 League

High school players form their own teams (may be coed) and compete—a great chance to show some creativity and enjoy playing with and against players from all over south central Indiana. Season includes seven regular season games and a tournament night.

**W 1/23–2/27 and 1/6–1/20 • Between 5–9:45 p.m.**

**\$675/team fee • Register by 1/24.**







For information about the league or season, contact league coordinators Scott Pedersen at 349-3774 or Chelsea Price at 349-3769.

## Middle School

Middle school boys and girls (grades 7–8) play on separate teams in this league, which focuses on basketball skill development and applying skills in game situations. The season includes a weekly practice, a weekly game, and concludes after seven regular season games. Practice days and times are determined by the coach.

Player/parent requests for placement on specific teams will not be accepted.

- **Registration deadline is Friday, January 4.**  
Registrations are not accepted after the deadline.
- **Season runs January 14–March 7.**
- **Practices begin the week of January 14.**
- **Games begin the week of January 28.**

Expect to play on Saturdays throughout the season in an effort to finish prior to Spring Break.

**Game days are on Thursdays.**

**Grades 7–8 Girls • 150302-A**

**Grades 7–8 Boys • 150302-B**

**\$85 • Register by 1/4.**

**REQUIRED  
Evaluation Day:  
January 8 • 7:30 p.m.**

**COACHES NEEDED:** If interested in volunteer coaching, visit [bloomington.in.gov/parksvol](http://bloomington.in.gov/parksvol).

**Deadline to apply to be a volunteer coach is Jan. 4.**

**Mandatory coaches meeting and draft:** Selected coaches must attend Wednesday, January 9 at 7 p.m. at the Twin Lakes Recreation Center.

All selected coaches must complete an annual online coaching certification course from the National Youth Sports Coaches Association at [nays.org](http://nays.org). Registration fee for the course is \$20.

## Season III

This league focuses on basketball fundamentals and the application of learned skills during games for players in grades K through 6. All leagues are coed through grade 3; girls play in a girls-only league beginning in grade 4. Season includes weekly practices and games one night a week. The season will conclude after seven games, with no postseason tournament.

Teams practice two nights a week for the first two weeks of the season, then one night a week for the remainder of the season.

**Practice times and days are determined by the coach.**

**Times can vary between 5:30–9:30 p.m. based on the volunteer coach's schedule. Parent/player requests for placement on specific teams are not accepted. All requests must be submitted by volunteer coaches.**

**Season runs January 14–March 7.**

**Practices begin the week of January 14.**

**Games begin the week of January 28.**

**Registration deadline is January 4.**

**Registrations are not accepted after the deadline.**

Expect to play on Saturdays throughout the season in an effort to finish prior to Spring Break.

Spaces are limited to a maximum number of players per age group. Once the maximum number of players is reached for each league, registration for that league will close. If your child's league fills, you may opt to place your child's name on a wait list. We will contact you if space becomes available.

**Leagues, Game Days, and Registration Codes**

**Grade K • W • 150301-A**

**Grade 1 • M • 150301-B**

**Grade 2 • Tu • 150301-C**

**Grade 3 • W • 150301-D**

**Grade 4 Boys • Tu • 150301-E**

**Grade 5 Boys • Tu • 150301-F**

**Grade 6 Boys • M • 150301-G**

**Grades 4–6 Girls • Th • 150301-H**

**\$85 • Register by 1/4.**

### REQUIRED Evaluation Day:

To ensure a fair and equitable distribution of skills per team, we will conduct a coach's draft.

Each player must attend a skill evaluation session.

**These mandatory sessions are:**

Grade K • 1/7 • 5:30 p.m.

Grade 1 • 1/7 • 6 p.m.

Grade 2 • 1/7 • 6:30 p.m.

Grade 3 • 1/7 • 7 p.m.

Grade 4 Boys • 1/8 • 6 p.m.

Grade 5 Boys • 1/8 • 6:30 p.m.

Grade 6 Boys • 1/8 • 7 p.m.

Grades 4–6 Girls • 1/8 • 5:30 p.m.

Make-up session 1/9 • 6 p.m.

## EXCEL TAE KWON DO

See page 9.

## Aerial Fitness Classes for Youth

### ABA Asabela Studio

Students progressively learn aerial skills increasing upper body and core strength, while achieving greater flexibility, range of motion, confidence, and stamina.

**For ages 5–12 yrs. • ALL levels welcome!**

**For more information or to register, email [AsabelaStudio@gmail.com](mailto:AsabelaStudio@gmail.com) or visit [www.AsabelaStudio.com](http://www.AsabelaStudio.com).**

**Beginner–Pro • \$10–\$20 per class**

**Tuesdays and Thursdays • 10 a.m., 5 p.m., 6 p.m.**

**Saturdays • 1 p.m., and Sundays • 6 p.m.**

**Circus Camps • Silks • Trapeze • Aerial Yoga**



### Aerialogy FLIGHT SPRITES

Aerial silks is a fun, exciting way for kids to gain confidence while building strength, flexibility, and body awareness. Our staff specializes in helping children master the silks as they learn to trust in themselves.


**For youth ages 6–12 yrs.**

**For class information and registration, visit [www.aerialogy.fitness](http://www.aerialogy.fitness).**



# Teens

## Sports and Fitness *(continued)*



**Wide Receiver and Defensive Back**  
**Sport Specific Training**  
 For grades 7–12.

**Football wide receiver position skills**  
 Sundays, 1/20–2/24 • 4–5 p.m.  
 Register by 1/18 • 150003-A

**Football defensive back position skills**  
 Sundays, 1/20–2/24 • 5–6 p.m.  
 Register by 1/18 • 150002-A

**About instructor D.J. Stephens:**

- Indiana Cutters (starting free safety and kick returner), 2017–2018  
 —Special Teams Player of the Year in 2017 for kick return and punt return
- Team USA All-star, 2015–2016
- Training athletes on speed and agility/athletic performance
- Indiana University (D1), 2012–2013  
 —Defensive back and was moved to running back
- Kentucky Wesleyan College (D2), 2009–2010  
 —Defensive back, running back, slot receiver and kick return
- Three-sport athlete at Bloomington High School South, 2005–2009  
 —Starting defensive back  
 —Career stats: 71 tackles, 11 pass break-ups, 4 interceptions, and 1 fumble recovery

**Register at the front desk today!**

For more information, contact  
**Mark Sterner at 349-3768 or**  
**sternerm@bloomington.in.gov.**

**\$70 member**  
**\$80 non-member**



## Healthy Heart Tip!

Did you know your body is made up of about 60% water? Adequate hydration is key to maintaining overall health. To get an idea of how much water you should be drinking per day, divide your weight in half, and aim for that many ounces.



**Twin Lakes Recreation Center**



**btownparks**



# Adults

## Healthy Living

### American Red Cross Adult and Pediatric First Aid/CPR/AED

Would you know what to do in a cardiac, breathing or first aid emergency? The right answer could help you save a life. With an emphasis on hands-on learning, our First Aid/CPR/AED courses teach life-saving skills. Certification is issued upon successful completion and is valid for two years. Free online refreshers are available with all course options. This course includes online content that MUST be completed prior to the first day of class. Class participation without completion of the online coursework is not permitted.

#### Basic CPR/AED/First Aid:

**Sa 3/30 • 9 a.m.–4 p.m. • Register by 3/15 • 120301-A**

**Sa 4/27 • 9 a.m.–4 p.m. • Register by 4/12 • 120301-B**

**\$50/in-city, \$60/non-city • For ages 12 yrs. and up.**

#### CPR/AED/First Aid for the Professional Rescuer:

**Sa 5/11 • 9 a.m.–4 p.m. • Register by 5/3 • 120301-C**

**M, Tu 5/13–5/14 • 4–8 p.m. • Register by 5/3 • 120301-D**

**\$60/in-city, \$70/non-city • For ages 12 yrs. and up.**

### American Red Cross Lifeguard/CPR/AED/First Aid Training

Make yourself eligible for a great summer job! Through videos, group discussion, online training, and hands-on practice, this course trains lifeguards to act with speed and confidence in emergency situations both in and out of the water. Topics include: water rescue skills, surveillance and recognition, first aid, breathing and cardiac emergencies, CPR, AED, and more. Online training needs to be completed prior to the first class.

#### Visit the Parks and Recreation website, or email

**pricec@bloomington.in.gov, for a detailed list of course prerequisites.**

**Su–Sa 5/13–5/22 • 3:30–8:30 p.m. • Register by 5/3 • 120101-A**

**\$150/in-city, \$200/non-city • For ages 15 yrs. and up.**

**Mills Pool, 1100 W. 14th St.**

## Well Check

Blood pressure, lipid panels, and hemoglobin (blood sugar-A1C) screenings help determine whether your levels in each area are in a healthy range. Head off a potential health condition with an affordable, convenient Well Check by IU Health Bloomington Community Health. No appointment is needed, but you need to fast for 12 hours to get an accurate cholesterol level. Use your IU Health Bloomington Plus Card to receive \$5 off the screening fee of \$20, or sign up for a Plus Card on site. For more information about the Well Check, call 812-353-3244.

**Th 3/21 • 8:30–10:30 a.m.**

**\$20 • For all ages.**



Indiana University Health



Get in better shape and stay there, regardless of age or current fitness level, with the personal trainers at the TLRC. Our personal trainers design programs that are individualized for your age, body, lifestyle and goals. TLRC personal trainers are certified, experienced, and educated. They have worked with a variety of people who have a broad spectrum of health and wellness needs. Personal training at the TLRC is the right step toward a healthy, active lifestyle.

A 30-minute wellness consultation is included as a part of each personal training package. If you are a non-member who is interested in a personal training package, you may purchase a 30-minute wellness consultation for \$20. If you decide to purchase personal training sessions the \$20 fee may be applied to cost of the personal training package. All personal training sessions must be used within six months of purchase. All training sessions are non-transferable and nonrefundable. **To set up an initial consultation, or for more information, contact Mark Sterner at 349-3768 or [sternerm@bloomington.in.gov](mailto:sternerm@bloomington.in.gov).**

#### MEMBERS SINGLE—One-on-one personal training sessions

3 one-hour sessions	\$130	15 one-hour sessions	\$525
5 one-hour sessions	\$210	20 one-hour sessions	\$650
10 one-hour sessions	\$400	25 one-hour sessions	\$775

#### MEMBERS BUDDY (2)—You and a friend

5 one-hour sessions	\$380
---------------------	-------

#### NON-MEMBERS SINGLE—One-on-one personal training sessions

3 one-hour sessions	\$155	15 one-hour sessions	\$585
5 one-hour sessions	\$240	20 one-hour sessions	\$725
10 one-hour sessions	\$440	25 one-hour sessions	\$895

#### NON-MEMBERS BUDDY (2)—You and a friend

5 one-hour sessions	\$440
---------------------	-------



### Healthy Heart Tip!

Working with a personal trainer doesn't need to be a lifelong commitment! Meeting with a qualified trainer for 3–6 months should allow you to learn skills and techniques that will help you maintain your fitness habits.

# 50+ EXPO

Wednesday, May 8

3–6 p.m. • FREE

## Changing the Way We Age

For more than 40 years, the 50+ Expo has been the community's premier showcase of businesses and organizations whose products and services are geared toward baby boomers, seniors, caregivers, and their friends and families.

#### The event includes:

- A large expo filled with a variety of exhibitors and free health screenings by local health care professionals
- A community area with representatives from recreation, music, art, and other local activity clubs
- A quick-draw caricaturist
- Re-live your youth with oversized versions of your favorite games: Connect Four, dominoes, Jenga, and cornhole.

**For more information about the 50+ Expo, contact Bill Ream at 349-3748 or [reamw@bloomington.in.gov](mailto:reamw@bloomington.in.gov).**

**[bloomington.in.gov/50expo](http://bloomington.in.gov/50expo)**



## Adult (50+) FREE Programs

### Lower Level

**The lower level is open for scheduled programming and rentals only. Members may request for individual use at the front desk.**

**For more information about the programs below, call 349-3720.**

#### Advanced German

F • 1:30–2:30 p.m.

#### International Folk Dance

W • 1:30–3 p.m.

#### Lap Quilting

Tu • 9:30–11:30 a.m.

#### Legal Counseling

Counseling provided by Attorney Tom Bunger. Call 349-3720 to register. Participants are assisted on a first-come, first-served basis. **Usually occurs on the first Monday of each month • 3 p.m.** Call 349-3720 to confirm meeting time and date.

#### Steady Steppers

M, W, F • 9–10 a.m.

#### Tai Chi Qigong

W • 11:45 a.m.



# Insurance-Based Fitness



The TLRC is an Active&Fit participating facility. Active&Fit is an exercise and fitness program designed to help you achieve better health through regular exercise. The Active&Fit program includes no- or low-cost membership at the TLRC, website resources and support from Active&Fit's toll-free member services hotline. If your health plan offers Active&Fit and you would like more information about the TLRC, please ask at the front desk or call 349-3720. *You may also visit Active&Fit at [www.ActiveandFit.com](http://www.ActiveandFit.com). Active&Fit is a federally registered trademark of American Specialty Health Incorporated.*

*Photo by Freepik.*



The Twin Lakes Recreation Center is a Silver&Fit participating fitness facility! Silver&Fit is designed specifically to help older adults achieve better health through regular exercise and health education. Silver&Fit provides eligible members with no-cost or low-cost fitness plans. Silver&Fit is provided by American Specialty Health Incorporated. If your health plan offers Silver&Fit and you would like more information about the TLRC, please ask at the front desk or call 349-3720. *You may also visit Silver&Fit at [www.SilverandFit.com](http://www.SilverandFit.com). Silver&Fit is a federally registered trademark of American Specialty Health Incorporated.*

## FitnessCoach

**NEW!**

The FitnessCoach program offers fitness center and at-home exercise options to its covered special needs or dual-eligible members who also qualify for Medicare/Medicaid. Covered members may include individuals covered by Medicaid or those with physical impairments, developmental disabilities, cognitive impairments, or mental/behavioral health conditions, or other individuals with special needs who may benefit from improved physical fitness. The FitnessCoach program includes a membership at the TLRC. We welcome members to bring caregivers if needed for help using the fitness center's services and equipment), home fitness kit options for those who prefer to exercise at home, website resources, and support from the FitnessCoach program's toll-free member services hotline and on their website. *For more information, call 1-888-369-2746 or visit <https://www.fitnesscoach.com>.*



**NEW!**

A fitness program to help you live your best life, Renew Active from UnitedHealthcare is available with select Medicare Advantage plans. Designed around you and your goals, Renew Active offers access to the TLRC, both local and national options and group fitness classes, as well as online brain exercises to help keep both your body and your mind active—all at no additional cost. *For more information, visit [myrenewactive.com](http://myrenewactive.com).*



The SilverSneakers program is the nation's leading exercise program designed exclusively for older adults. The program offers physical activity, health education, and social events for Medicare-eligible and Group Retiree members. If you qualify, your Twin Lakes Recreation Center membership is free! Inquire at the front desk to check your eligibility or to sign up.

### SilverSneakers Circuit

Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout.

### SilverSneakers Classic

Have fun and move to the music through a variety of exercise designed to increase muscular strength, range of movement and activities for daily living.

### SilverSneakers Yoga

Move your whole body through a complete series of seated and standing yoga poses.



## Healthy Heart Tip!

A well-balanced diet with adequate fiber is an important part of maintaining a healthy lifestyle. Fiber comes from: whole-grains, fruits, vegetables, nuts, seeds and legumes. Talk to a doctor or registered dietician to learn how much fiber is right for you.



**Twin Lakes  
Recreation Center**



**[btownparks](https://www.facebook.com/btownparks)**



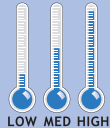




## Sports and Fitness



Use these thermometers to help you choose the group exercise class with the right intensity level for you.



### Group Exercise Registration

**Session I: January 7–February 24** • Register by 1/13.

**Session I FREE week:** January 7–13

**Session II: March 4–April 28** • Register by 3/10.

**Session II FREE week:** March 4–10

*Class does not meet March 11–17.*

**Group exercise classes are FREE to members!**

Members must register at the TLRC front desk. Registration for group exercise classes extends through the first week of each session. All scheduled classes are held this week, so you can try out any classes that interest you for free! When you find one you like, register by the listed registration deadline. Classes that do not meet the minimum registration requirements after the first week will be cancelled for that session. Daily passes are available for \$10. See the front desk attendant to purchase a daily pass.

#### Cancellation policy

*Full refunds are given for all classes cancelled by the Twin Lakes Recreation Center. Refund requests for any other reason must be submitted prior to the first day of class, and are subject to approval according to State Board of Accounts claim procedures. Allow four weeks for refund requests to be processed.*

### Beginning Yoga

This class focuses on posture alignment, freeing the shoulder girdle and pelvis, and synchronizing movement and breathing through basic yoga poses. Gain a simple foundation practice that can be useful every day and serve as a springboard to explore any style of yoga. Feel at home in your body, enjoy good health, move freely, and reduce stress. Instructor: Allana Radecki

**W 1/9–2/20 • 6:45–7:45 p.m. • Register by 1/13 • 150201-A**

**F 1/11–2/22 • noon–1 p.m. • Register by 1/13 • 150201-B**

**W 3/6–4/24 • 6:45–7:45 p.m. • Register by 3/10 • 150201-C**

**F 3/8–4/26 • noon–1 p.m. • Register by 3/10 • 150201-D**

**FREE/member, \$55/non-member • For ages 18 yrs. and up.**

**Class does not meet 3/13 or 3/15.**

### Body Blast

This class is a total body workout designed to make you sweat! H.I.I.T. (high-intensity interval training) principals maximize the hour you have dedicated to the gym. Body Blast is designed for all fitness levels, allowing both beginners and advanced gym-goers to feel an intense, full-body workout. Instructor: Catherine Gossett

**W 1/9–2/20 • 5:30–6:30 p.m. • Register by 1/13 • 150202-A**

**W 3/6–4/24 • 5:30–6:30 p.m. • Register by 3/10 • 150202-B**

**FREE/member, \$55/non-member • For ages 18 yrs. and up.**

**Class does not meet 3/13.**

### Boot Camp

Are you ready for a challenge? Take your body to the next level with this intense yet fun, fat-burning class! Combine weights, interval training and plyometrics to increase cardiovascular efficiency and overall strength. Get in and get fit! Instructor: Pendar Jallow

**Tu, Th 1/8–2/21 • 6–7 a.m. • Register by 1/13 • 150203-A**  
**FREE/member, \$85/non-member • For ages 18 yrs. and up.**

**W 1/9–2/20 • 6:45–7:45 p.m. • Register by 1/13 • 150203-B**  
**FREE/member, \$55/non-member • For ages 18 yrs. and up.**

**Tu, Th 3/5–4/25 • 6–7 a.m. • Register by 3/10 • 150203-C**  
**FREE/member, \$85/non-member • For ages 18 yrs. and up.**

**W 3/6–4/24 • 6:45–7:45 p.m. • Register by 3/10 • 150203-D**  
**FREE/member, \$55/non-member • For ages 18 yrs. and up.**

**Class does not meet 3/12, 3/13, or 3/14.**

### Cardio Kickboxing

This class combines cardio, boxing and martial arts to provide a total body workout that improves strength, aerobic fitness, speed, flexibility, coordination and balance. Try this popular fitness trend and kick, jab, cross, hook, and uppercut your way to a fitter you! Instructor: Janet Scott

**M 1/7–2/18 • 5:30–6:30 p.m. • Register by 1/13 • 150204-A**

**M 3/4–4/22 • 5:30–6:30 p.m. • Register by 3/10 • 150204-B**  
**FREE/member, \$55/non-member • For ages 18 yrs. and up.**

**Class does not meet 3/11.**



*Cardio Kickboxing provides a total body workout.*

*Photo by Sarah Owen.*

### Core 360

The most commonly neglected area of the adult body is the core. This class is designed to strengthen and balance all 360 degrees of the core! Improve posture and spine health through a variety of exercises that strengthen the rectus abdominus, transverse abdominus, obliques, and low back muscles. Join this class and tone your core fast!

Instructor: Janet Scott

**Tu, Th 1/8–2/21 • 6:45–7:15 p.m. • Register by 1/13 • 150205-A**

**Tu, Th 3/5–4/25 • 6:45–7:15 p.m. • Register by 3/10 • 150205-B**  
**FREE/member, \$55/non-member • For ages 18 yrs. and up.**

**Class does not meet 3/12 or 3/14.**



# Group Exercise *(continued)*



## Power Yoga



Power Yoga is a vigorous, fitness-based approach to vinyasa-style yoga. This class incorporates the athleticism of Ashtanga while including several different vinyasas. This class's quicker tempo will get your heart rate up!

Instructor: Catherine Gossett

**M 1/7-2/18 • 5:30-6:30 p.m. • Register by 1/13 • 150206-A**  
**M 3/4-4/22 • 5:30-6:30 p.m. • Register by 3/10 • 150206-B**  
**FREE/member, \$55/non-member • For ages 18 yrs. and up.**  
**Class does not meet 3/11.**

## Trekking

Get up and moving and run and walk with a coach! We will improve your form and speed for running and walking with a variety of speed, resistance, and agility drills. This class is a great fit for beginners or for regular runners and walkers who want to add variety to their workouts. Challenge yourself at your own pace! Instructor: Janet Scott

**Sa 1/12-2/23 • 9-10 a.m. • Register by 1/13 • 150207-A**  
**Sa 3/9-4/27 • 9-10 a.m. • Register by 3/10 • 150207-B**  
**FREE/member, \$55/non-member • For ages 18 yrs. and up.**  
**Class does not meet 3/16.**

## Yoga Core

Yoga Core is a unique and enjoyable blend of yoga and core exercises drawn from Pilates and dance conditioning, where participants develop strength, flexibility and integration through awareness in movement. Attention to breath coordination and alignment is emphasized to ensure you get the most out of this workout. This class is appropriate for able-bodied beginners as well as more experienced exercisers. Variations are presented to help you adapt movements to your fitness level. Instructor: Allana Radecki

**W 1/9-2/20 • 5:30-6:30 p.m. • Register by 1/13 • 150208-C**  
**Sa 1/12-2/23 • 9-10 a.m. • Register by 1/13 • 150208-A**  
**W 3/6-4/24 • 5:30-6:30 p.m. • Register by 3/10 • 150208-D**  
**Sa 3/9-4/27 • 9-10 a.m. • Register by 3/10 • 150208-B**  
**FREE/member, \$55/non-member • For ages 18 yrs. and up.**  
**Class does not meet 3/16.**

## Yoga Stretch

This class is for students of all fitness levels. Many of the poses are seated, supine or prone and are held with muscles relaxed for several minutes to target the connective tissues of the lower back, hips, and hamstrings. There is a focus on the breath, being present in the moment, relieving tension and letting go. Give yourself this opportunity to surrender, slow down and come back to balance. Instructor: Claire Sunkel

**Tu 1/8-2/19 • 5:30-6:30 p.m. • Register by 1/13 • 150209-A**  
**Tu 3/5-4/23 • 5:30-6:30 p.m. • Register by 3/10 • 150209-B**  
**FREE/member, \$55/non-member • For ages 18 yrs. and up.**  
**Class does not meet 3/12.**

## ZUMBA



Are you ready to party yourself into shape? That's exactly what ZUMBA is all about. It's an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness party that is moving millions of people toward joy and health. Instructor: Kristy LeVert

**M 1/7-2/18 • 6:45-7:45 p.m. • Register by 1/13 • 150210-A**  
**Th 1/10-2/21 • 6:45-7:45 p.m. • Register by 3/10 • 150210-B**  
**M 3/4-4/22 • 6:45-7:45 p.m. • Register by 1/13 • 150210-C**  
**Th 3/7-4/25 • 6:45-7:45 p.m. • Register by 3/10 • 150210-D**  
**FREE/member, \$55/non-member • For ages 18 yrs. and up.**  
**Class does not meet 3/11 or 3/14.**

## ZUMBA Gold



ZUMBA Gold is a class of Latin-inspired dance aerobics for seniors and those new to ZUMBA. ZUMBA Gold goes at a slower pace, with more breaks and more instruction, but uses the same zesty ZUMBA music. You can't help but move in this class, and whether you choose a low-intensity or high-intensity option, it's a great workout! Can't stand for the whole program? Seated participants are welcome! Instructor: Morgan Banks


**Tu, Th 1/8-2/21 • noon-1 p.m. • Register by 1/13 • 150211-A**  
**Tu, Th 3/5-4/25 • noon-1 p.m. • Register by 3/10 • 150211-B**  
**FREE/member, \$85/non-member • For ages 18 yrs. and up.**



**Twin Lakes**  
**Recreation Center**

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### Healthy Heart Tip!

Working with a personal trainer doesn't need to be a lifelong commitment! Meeting with a qualified trainer for 3-6 months should allow you to learn skills and techniques that will help you maintain your fitness habits.





## EXCEL TAE KWON DO

This class focuses on coordination, discipline and self-confidence in a fun and safe environment. Excel TKD is taught by Master Emeline O'Connor, a 4th-degree black belt with more than 20 years of experience. Some of her achievements include multiple National and Junior Olympic Championships in the AAU and USSSA organizations, AAU and USSSA National team member, and the first woman to be inducted in the USSSA Hall of Fame. The ultimate goal at Excel TKD is to mold future black belts into the best martial artists they can be. Instructor: Emeline O'Connor

**Beginner—Tuesdays and Thursdays, 5:30–6:30 p.m.**

**1/8–2/21 • Register by 1/13 • 150212-A**

**3/5–4/25 • Register by 3/10 • 150212-C**

**For all ages.**

**Advanced—Tuesdays, 6:45–7:45 p.m. and Thursdays, 5:30–6:30 p.m.**

**1/8–2/21 • Register by 1/13 • 150212-B**

**3/5–4/25 • Register by 3/10 • 150212-D**

**For all ages.**

**\$65**

**Class does not meet 3/12 or 3/14.**

## Aerial Fitness Classes for Adults

### ABA Asabela Studio

Students progressively learn aerial skills increasing upper body and core strength, while achieving greater flexibility, range of motion, confidence, and stamina.

**For ages 13 yrs. and up**

**ALL levels welcome!**

**For more information or to register, email [AsabelaStudio@gmail.com](mailto:AsabelaStudio@gmail.com) or visit [www.AsabelaStudio.com](http://www.AsabelaStudio.com).**

**Beginner–Pro • \$10–\$20 per class**

**Tuesdays and Thursdays • 10 a.m., 5 p.m., 6 p.m.**

**Saturdays • 1 p.m., and Sundays • 6 p.m.**

**Silks • Aerial Hoop • Trapeze • Aerial Yoga • Rope**



### Aerialogy

**Aerial Silks • Aerial Yoga • Aerial Hoop**

Are you ready for amazing total body workouts that build lean muscle, flexibility, and confidence? With Aerialogy's progressive training methods, even total beginners can learn aerial arts while getting in great shape.

**For ages 13 yrs. and up.**

**For class information and registration, visit [www.aerialogy.fitness](http://www.aerialogy.fitness).**



## Pickleball

Admission \$8 per day; participation is free with your Twin Lakes Recreation Center membership. Occasionally, alternate programs are scheduled in the space ordinarily reserved for Pickleball. Contact the Twin Lakes Recreation Center at 349-3720 or stop by the front desk for updates on Pickleball schedule changes.

**M, W, F • 9:30 a.m.–1 p.m.**

**Court 4**

Outdoor Pickleball courts are also available at RCA Community Park. Outdoor courts are available for use on a first-come, first-served basis.

## Adult Volleyball Leagues

Choose between a 6 vs. 6 and 4 vs. 4 league. Each match consists of three games. Matches are self-officiated. Each team must have at least two women on the court during play. Rosters may include an unlimited number of players, but all names must be submitted prior to the start of the league. Team fees and tentative rosters are due prior to the registration deadline. Include the team captain's name and contact information upon registration. Specific game times are announced after registration. Each team is guaranteed a minimum of eight matches, which may include a voluntary post-season tournament. If you do not have a team but want to join the player pick-up list, fill out the online player pickup form: <https://tinyurl.com/tlrcvolleyball>.

**1/29–5/16 • 6:30–10:30 p.m.**

**\$150 • Register by 1/24 • For ages 18 yrs. and up.**

**No games 3/12 and 3/14.**

**4v4 League—Tuesdays only**

**4x4 • 150001-C**

**6v6 League—Thursdays only**

**Division I—Competitive • 150001-A**

**Division II—Competitive Recreational • 150001-B**

**Twin Lakes Recreation Center**  
Registration is ongoing at  
[bloomingtonsoccer.net](http://bloomingtonsoccer.net).

**BLOOMINGTON**  
**SOCCER**

## Bloomington Soccer Adult Leagues

Leagues for all skills and ages. All games feature five field players and one goalkeeper. Games are 40 minutes. Seasons feature seven games (five for Early Fall Adult Rec and University League) and an end-of-season tournament.

**Beginners—seven games**

**M 1/21–3/18 • 6:30–10:15 p.m.**

**\$675/team**

**University Premier**

**Su 1/20–3/3 • 7–10:30 p.m.**

**\$500/team**

**Spring Beginners League—four games**

**M 3/25–4/22 • 6:30–10:15 p.m.**

**\$325/team**

**Spring Adult League**

**Tu 3/26–4/23 • 6:30–10:15 p.m.**

**\$325/team**

**Adult Rec Tuesday**

**Tu 1/22–3/19 • 6–10:30 p.m.**

**\$675/team, \$65/individual**

**Adult Rec Thursday**

**Th 1/24–3/21 • 6–10:30 p.m.**

**\$675/team**



# Memberships\*

Type	Automatic Monthly Debit**	Monthly	Six months***	12 month***
<b>Student</b> <i>Under 18 yrs. or with valid college or university ID</i>	<b>\$30/month</b> Automatically debited from your bank account each month.	<b>\$30/month</b> Payable by cash, check, or credit card each month at the TLRC.	<b>\$155</b> One up-front payment. Savings of \$25 over monthly rate.	<b>\$270</b> One up-front payment. Savings of \$90 over monthly rate.
<b>Adult</b>	<b>\$35/month</b> Automatically debited from your bank account each month.	<b>\$40/month</b> Payable by cash, check, or credit card each month at the TLRC.	<b>\$200</b> One up-front payment. Savings of \$40 over monthly rate.	<b>\$360</b> One up-front payment. Savings of \$120 over monthly rate.
<b>Senior</b> <i>age 60 yrs. and up</i>	<b>\$30/month</b> Automatically debited from your bank account each month.	<b>\$35/month</b> Payable by cash, check, or credit card each month at the TLRC.	<b>\$175</b> One up-front payment. Savings of \$35 over monthly rate.	<b>\$315</b> One up-front payment. Savings of \$105 over monthly rate.
<b>Two Person</b> <i>Must reside in the same household.</i>	<b>\$55/month</b> Automatically debited from your bank account each month.	<b>\$60/month</b> Payable by cash, check, or credit card each month at the TLRC.	<b>\$300</b> One up-front payment. Savings of \$60 over monthly rate.	<b>\$540</b> One up-front payment. Savings of \$180 over monthly rate.
<b>Two Seniors</b> <i>age 60 yrs. and up. Must reside in the same household.</i>	<b>\$45/month</b> Automatically debited from your bank account each month.	<b>\$50/month</b> Payable by cash, check, or credit card each month at the TLRC.	<b>\$250</b> One up-front payment. Savings of \$50 over monthly rate.	<b>\$450</b> One up-front payment. Savings of \$150 over monthly rate.
<b>Family</b> <i>Max. 2 adults and dependent children living in the same household</i>	<b>\$65/month</b> Automatically debited from your bank account each month.	<b>\$70/month</b> Payable by cash, check, or credit card each month at the TLRC.	<b>\$350</b> One up-front payment. Savings of \$70 over monthly rate.	<b>\$630</b> One up-front payment. Savings of \$210 over monthly rate.

\*There is a one-time capital fee of \$20 for each new member.

\*\*Automatic Monthly Debit requires a 12-month commitment. Cancelling before the 12-month commitment is reached will result in a \$20 early termination fee.

\*\*\*Automatic Monthly Debit, Six-month and 12-month memberships can be put on freeze for up to three months in a 12-month period.

## Membership benefits

The Twin Lakes Recreation Center provides members with many choices to create a wellness plan that offers variety and challenge. Stop by and see how the TLRC can be a part of your fitness goals. Membership benefits include:

- Indoor ½-mile rubberized track
- Five basketball courts
- Indoor turf field
- Expanded weight room
- Cardio studio
- Two group exercise studios
- FREE group exercise for members
- Discounted personal training packages

## Facility rental (per hour)

Party Room	\$45
Program Room	\$45
Studio A	\$65
Studio B	\$60
Basketball practice/court	\$30/hour
Basketball competition/tournament	\$40/per court/per hour
Turf field non-prime (April–September)	\$70/hour
Turf field prime (October–March)	\$100/hour
Entire Lower Level	\$155/hour

## Party Room Rental at Twin Lakes Recreation Center

Party Room rental includes tables and chairs. Decorating, setup, and cleanup must be done during the rental time, or additional time can be added. Renters are responsible for their own decorations, party supplies, tableware, food service utensils, and equipment (e.g. basketballs, footballs, and soccer balls).

**\$45/hour** for use of the party room only

**\$65/hour** includes use of one basketball court

**\$80/hour** includes use of Studio A or B

**\$105/hour includes use of the turf (April–September)**

**\$130/hour includes use of the turf (October–March)**

The studios offer wood floors and full-length mirrors. Court, turf, and studio room rental time runs simultaneously with the party room rental time.

**For more information on booking a party, call 349-3720. Rental fees MUST be paid in full at the time of the reservation to secure the date.**